
Factors Affecting Suicidal Ideation in Adolescents in the Context of Perceived Stress and Peer Pressure

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Abstract: *Suicide is a major concern for all age groups nowadays. It is a serious problem that can cause a lot of distress in one's life. It has been an adverse cause of death worldwide, so to see the aetiology of suicide among adolescents; a survey was conducted on 150 school students, age group of 10-19 years, consisting of both males and females. This study was done in order to understand the underlying factors of suicidal ideation in them. The factors taken into consideration were peer pressure and perceived stress. The scales used for the survey are Perceived Stress Scale, Peer Pressure Inventory and Suicidal Ideation Scale. The set hypothesis states that there is a correlation among perceived stress, peer pressure and suicidal ideation. The findings demonstrated that perceived stress has a correlation with suicidal ideation and that an increase in perceived stress causes vulnerability to suicidal ideation. The finding also stated that there is a significant correlation between suicidal ideation and misconduct, which is the domain of peer pressure. Thus, it proves that school students get vulnerable with increase in peer pressure and perceived stress which causes a vulnerability to suicidal ideation.*

Keywords: *Suicidal Ideation, Perceived Stress, Peer Pressure, Misconduct, School Students*

Introduction

Suicide is a serious public health problem that is becoming a global cause of death and disability. According to World Health Organization reports, approximately 70,300 people commit suicide each year, with many more attempting suicides. It has become one of the leading causes of death among

15-19 years age group taking fourth position as the cause of death. The national suicide rate in 2019 was 10.4 where around 139,122 Indians tried committing suicide. Over the past five decades, the suicide rates in India have increased drastically. Reports suggest there has been a 3.4% increase in suicide rates in India in the year 2019 in comparison to 2018. Suicidal rates among women increased by approximately 11.3% between 1990 and 2016, while they increased by 5.65% among men. Suicide was the leading cause of death among both the 15-29 and 15-39 age groups in 2016. In 2019 the highest death records were received from Maharashtra followed by Tamil Nadu, West Bengal, Madhya Pradesh and Karnataka. The male to female suicide ratio was 70.2:29.8 in 2019 (“Accidental Deaths and Suicides in India – 2019 National Crime Records Bureau”. 2021).

Suicide is referred to as the way in which a person ends his/her life to escape from the impaired thoughts that they develop about themselves and end the suffering which affects them psychologically, physically or socially. Suicide can be defined as the ‘silent enemy’ of an individual (as it’s often referred to) where a person willingly takes his or her life with the intention of killing himself or herself (O’Carroll et al., 1996). Suicidal ideation refers to having thoughts of committing suicide or having thoughts and cognitions of suicide related behaviour. It involves any behavior that is self-initiated and carried out with the intention or expectation to die and includes self-inflicted, active or passive acts (De Leo, Burgis, Bertolote, Kerkof, and Bille-Brahe, 2004). It is important to keep in mind that the thoughts of committing suicide are momentary and can occur when a person is going through some kind of distress. With increased periods of distress, the frequency of suicidal ideation can also increase and become more elaborate such that the individual can try to implement those thoughts and try to kill himself or herself. Suicidal ideation is a crucial part of suicidal attempts and completed suicides (Harris and Barraclough, 1997). The whole process involves various steps like suicide ideation, a suicide plan, an attempt of suicide and completed suicide (See Figure 1) (Vilhjalmsson, Kristjansdottir, and Sveinbjarnardottir, 1998). It is very important to realize and identify the cause of the suicidal ideation during the first stage because only then can the progression of suicide be stopped before any attempts are made. Thus, suicidal ideation plays an

important role in determining and preventing suicide behavior (Palmer, 2004).



Figure 1: Diagram of the Suicide Process.

Many people do not admit to having suicidal thoughts but have the potential to commit suicide. There is a misconception that only people who are suffering from depression are at greater risk of suicide. Despite this, nearly 40% of those who attempt suicide are not clinically depressed. Therefore, it shows there are various other factors which can potentially increase the risk. Major factors associated with suicidal ideation are – Depression, Anxiety and Stress. According to the evidence collected from psychological autopsy depression is a major factor related to suicide and suicidal ideation. It was seen that at the time of suicide some people were suffering from depression. But when research was conducted in a clinical setting, out of 1000 patients who had symptoms of depression and suicidality 109 patients (12%) expressed suicidal ideation (Practical suicide-risk management for the busy primary care physician. Anna K McDowell, Timothy W Lineberry, J Michael Bostwick. Mayo Clinic Proceedings, 2011). Depression being positively associated with suicidal ideation can attribute to individuals' feelings of hopelessness, helplessness, and a lack of social support and coping skills when they face difficulties and stressful life experiences.

Another psychological risk factor commonly associated with suicidal ideation is anxiety, although it's relationship with suicidal ideation is inconclusive. The reason behind it is that anxiety evokes symptoms of depression which may lead to suicidal thoughts. Patients who were suffering from anxiety were more likely to have suicidal ideation, attempt suicide and complete suicide in comparison to people without anxiety.

Another risk factor for suicidal ideation is stress. According to a literature concerning suicide, stress is commonly linked with negative experiences of

life related to work-and-life such as stressful events of life, loss, unemployment and other environmental stressors which can lead to suicidal ideation (Psychological factors as predictors of suicidal ideation among adolescents in Malaysia Norhayati Ibrahim, Noh Amit, Melia Wong Yui Suen, 2014).

There are numerous factors associated with the suicidal ideation such as peer pressure and perceived stress. According to Merriam Webster peer pressure can be defined as “a feeling that one must do the same things as other people of one’s age and social group in order to be liked or respected by them.” The pressure of peer groups on adolescents is increasing day by day and is a vital factor that leads to suicidal ideation. Going on with the latest trends to follow the peers advice puts an immense amount of effort on adolescents. This pressure leads them to either take it in a positive way which influences their life or a negative way which ultimately can have a negative outcome. As adolescents spend more time with peers they also participate in and create youth cultures which in turn reinforce the meanings and values of the wider peer group (Larson et.al. 2002). Peers create an important forum for adolescents’ social relationships and the peer group has long been regarded as an important context for the growth to independence.

Relationships outside family such as peer-educator-learner relationship have an adverse effect towards the inclination of suicidal behaviour. Research conducted by Sebate (1999) and Rigby (2000) showed that peer pressure can have a negative effect on adolescents well-being because it damages their ability to identify themselves. Another most significant factor contributing to suicidal behaviour is parent-adolescent conflict followed by peer relationship problems. A teacher-learner relationship is also another important factor in the enhancement of an adolescent’s behaviour if the relationship is supportive.

Another factor that influences suicidal ideation is perceived stress. Perceived Stress is defined as the feelings or thoughts that an individual has about the amount of stress they face under a given time period. Stress can be defined as an individual’s response to events that disrupt or threaten to disrupt their physical or psychological functioning (Lazarus and Folkman, 1984). Unfortunately stress has become a common part of life as it cannot be avoided by most people. Because of its severity and negative effects it poses a question on the well-being of an individual.

Peer pressure comes in a directly proportional relationship with teenagers. Since most people try to fit in from a very young age which nowadays can be witnessed right from the primary school days. Since everything has a positive side as well as a negative side to it peer pressure too has its pros and cons. The positive aspects of it include academic achievement or healthy behaviour, etc. On the other hand the negative aspects are influenced by bullying, drinking alcohol, drug usage, body shaming, etc. which have adverse effects on the well-being of an adolescent. These effects lead to tremendous decline in the self-confidence, self-worth and distancing from family and friends. Thus these effects are positively related to the inclination towards suicidal ideation.

The three variables taken for the study—suicidal ideation, perceived stress and peer pressure are all linked together as the negative peer pressure leads to perceived stress in an individual which causes suicidal thoughts. Friends or peers are the one who have immense impact on a student's life. Peer pressure can cause a sense of crisis in one's life as people try to imitate and belong to other social group. Today's generation is widely occupied by the social media which plays a major role in affecting life of others. In social media especially teens try to compare themselves and a tension is created to act or be like them. Not conforming to it can cause immense stressor or perceived stress which can be increased to a degree of taking one's life or can lead to suicidal ideation. Nowadays, adolescents are so much influenced by their peer group that if something goes wrong they cannot handle it and take the extreme pressure of perceived stress which can lead to suicidal ideation.

Theoretical Framework: The two leading theories are the psychological theory of suicidal behaviour (IPT) and the integrated motivational-volitional (IMV) model. Interpersonal theory of suicidal behaviour is one of the most influential theories in suicidology. The two most valid assumptions for having suicidal thoughts are when levels of perceived burdensomeness (defined as a feeling of burden on others) and thwarted belongingness (feeling that you do not belong) are high. Attempts of suicide are taken when the individual's capability for suicide (defined as reduced fear of death and increased tolerance

for physical pain) is also present. A recent meta-analysis yielded clear support for the perceived burdensomeness-suicidal thoughts relationship whereas the evidence for thwarted belongingness was less strong (Chu et al., 2017).

According to the integrated motivational-volitional model of suicidal behaviour (IMV; O' Conner, 2011), another predominant model, proposes that suicidal behaviour results from a complex interplay of motivational and volitional phase factors. Factors within the motivational phase of the model explain how suicidal thoughts emerge in some people but not in others. They include defeat, entrapment, and (lack of) social support. Volitional phase factors, on the other hand, are those factors that govern the transition from suicidal thinking (ideation/intent) to suicidal behaviour; they include exposure to suicide, fearlessness about death and impulsivity. Entrapment is conceptualized as the key driver of suicide ideation within the IMV model. Various studies have indicated that a specific type of entrapment, internal entrapment (defined as trapped by pain triggered by internal thoughts and feelings), is more strongly related to suicide ideation than external entrapment (Owen, Dempsey, Jones, and Gooding, 2018).

Within the network of all available psychological factors, 12 of the 20 factors were uniquely related to suicide ideation, with perceived burdensomeness, internal entrapment, depressive symptoms and history of suicide ideation explaining the most variance (D. De. Beurs et. al., 2019). In the study we try to analyze the association among the peer pressure, perceived stress and suicidal ideation so these models help us to understand the core factors which can have an impact on suicidal ideation. The factors such as perceived burdensomeness, internal entrapment and depressive symptoms can be caused due to stress and thus can lead to change the suicidal thinking to suicidal behavior.

Review of Literature

Suicide has been the highest risk factor among every age group and has become a major factor that affects people's lives. There are certain factors that can determine one's risk of suicide. These can be psychological such as depression, anxiety being the most common as well as some physiological and sociocultural factors. Suicide rates have risen dramatically in recent years, but there has been no comprehensive explanation for how to prevent

them. Before preventing suicidal ideation or suicide one must know the major causes that are leading to such undesirable and destructive thoughts.

A study on, effects of perceived stress and resilience and suicidal behaviors in early adolescents was conducted by Yun-Ling Chen and Po-Hsiu Kuo (2020). The aim of this study is to find the effects of perceived stress and resilience on suicidal ideation. In this study a 1 year longitudinal study was conducted on 1035 junior high school students. Suicidal behaviour, resilience and perceived stress were assessed among the students with the use of logistic regression. It was found that perceived stress was a strong risk factor for suicidal ideation. The participants during this 1 year period, with persistent high-stress had increased risk of Suicidal ideation, plan and attempt than the people who had low-stress.

Another study on, stress and suicidal ideas in adolescents were conducted by Priti Arun, B.S. Chavan (2009) in Chandigarh. This study was conducted to find stress, psychological health and presence of suicidal ideation in school students and the correlation between these variables. Chi-square and Spearman's correlation were used for the statistical analysis. In conclusion, it was seen, students with academic stress and an unsupported environment at home felt life is a burden and had higher rates of suicidal ideation.

There was another study on fatigue: Moderates the relationship between Perceived stress and suicidal ideation conducted by Evan M. Kleiman and Brianna J. Turner et al (2018). The theoretical models of self-harm suggests that high perceived stress and high fatigue might interact to predict the occurrence of short term suicidal ideation and non-suicidal injury. In this study three approaches were examined where each individual's daily stress/fatigue was compared to the entire sample's overall average. When it was compared it was found, the interaction between high daily stress and high daily fatigue predicted greater odds of daily suicidal ideation. Participants who had both elevated perceived stress and fatigue compared to average people and time points experienced suicidal ideation.

A study on Emotional intelligence moderates perceived stress and Suicidal ideation among depressed adolescent inpatients by Abbas Abdollahi et. al, (2016). This study was done in order to find the relationship between perceived stress, emotional intelligence and suicidal ideation. The sample consisted of 202 depressed adolescents from five hospitals in Tehran, Iran. It was seen

that the adolescents with high perceived stress and low emotional intelligence were had more suicidal ideation whereas adolescents with both high perceived stress and emotional intelligence had less suicidal ideation. Thus, the findings suggested that perceived stress acted as a vulnerability factor that increased suicidal ideation among depressed adolescents.

A study on stress, self- esteem and suicidal ideation in late adolescents by Victor R Wilburn and Delores E. Smith. In a group of college students where both stress and self – esteem were significantly related to suicidal Ideation.

Study on perceived stress, depressive symptoms and suicidal ideation in undergraduate women with varying levels of mindfulness by Anastasiades, M.H., Kapoor, S., Wootten, J. et al. (2017). In a group of 928 female undergraduate students, their levels of stress, depressive symptom and suicidal ideation and mindfulness were administered. It was found that mindfulness moderates the effect of depressive symptoms on perceived stress and suicidal ideation.

The survey of relationship between perceived stress, coping strategies and suicidal ideation among students at University of Guilan, Iran by Dr. Farhad Asghari administered the relationship between perceived stress, coping strategies and suicidal ideation among the students. The sample consisted of 300 students (male and female). Results showed there is a significant positive relation between suicidal ideation with perceived stress.

A study by Abbas Abdoilani et al. (2015) was the role of hardiness in decreasing stress and suicidal ideation in a sample of undergraduate students. It was conducted on a sample of 500 students from Malayasia public universities. The questionnaires used were Personalviews Survey, Beck scale for suicidal ideation and the perceived stress scale. It was found that low levels of hardiness students reported more suicidal ideation. The findings made clear that lower hardiness and greater perceived stress significantly predicted the suicidal ideation.

Determinants of suicide related ideation in late life depression: associations with Perceived stress by David Bickford (2019). This study was done on 225 older adults aged 65 and above who had been diagnosed with depression. The findings were that the older adults who had major depression, had a greater risk of suicidal ideation with an increase in perceived stress.

Depression, suicidal Ideation and Perceived stress in Italian Humanities students: a cross-sectional study was done by Fabrizio Bert et al, (2020). The study was done to assess the association among perceived stress, depressive symptoms and suicidal Ideation in Italian undergraduate students. The conclusion was that chronic disease and higher stress increased the probability of suicidal ideation.

To study the relation between peer pressure and suicidal ideation some of the studies conducted are as follows. A study on suicidal ideation in relation to loneliness, peer pressure and self-efficacy among adolescents was done by Puspa Rani (2013) wherein it was stated that suicidal ideation was positively related to academic stress and peer pressure.

Another study on Psychosocial Factors Contributing to Adolescent Suicidal Ideation by Rachel C. F. Sun and Eadaoin K. P. Hui (2007) which was conducted on 1,358 (680 boys and 678 girls) Hong Kong Chinese adolescents who were divided into younger (12.3 years, $n=694$) and older (15.4 years, $n=664$) age groups showed that family unity and school environment were two important factors in prediction of self-esteem and depression. It was also noticed that peer support is more commonly seen among girls and younger adolescents. However peer conflict on the other hand is more noticeable in older adolescents. The study also showed that family conflict, academic pressure and teacher support were not much significant in this prediction.

Many studies have been conducted on the area of suicide and suicidal ideation in various perspectives and it has been mostly conducted on college students or adults. This research focuses on school students or adolescents which is the age group that forms the foundation of the life. So, it must be considered that the life we live and the things we are exposed to in our early days of life help one to build their personality, thought process and various fields which can help a person to have optimistic or pessimistic behaviour. There can be a lot of factors which can influence the suicidal ideation but, in this study, we are trying to understand the correlation between the peer pressure, perceived stress and suicidal ideation which can affect major parts of a student's life and influence them towards suicidal behaviour.

Rationale of the Study

As because suicide rates are on the rise, particularly among adolescents, age group of 10-19 years, there is an urgent need to investigate the causes and identify the risks and protective factors. The school children are mostly vulnerable to these factors which lead them towards depressive thoughts making them feel hopeless and causing a disruption in their self- concept. This is the most important time in an individual's life when they try to figure themselves out with the help of their peers and their surroundings. Getting too much of negative outcomes from their peer group might make them overthink and feel worthless ultimately making them suffer from perceived stress. If these thoughts and stressors persist for an extended period of time, they can eventually lead to the rupture of one's own thoughts about oneself, leading to suicidal thoughts. This research is necessary to determine the relationship between these factors because each one of them causes a lifelong impairment in their thinking. The major goal of this study is to find out the correlation among these three variables, and how this association can lead to suicidal behavior.

Hypotheses

- H1 : Suicidal Ideation and Peer Pressure will have a significant relationship.
- H2 : Perceived Stress and Suicidal Ideation will have a significant relationship.
- H3 : Perceived Stress and Peer Pressure will have a significant relationship.

Sample

The sample consists of 150 school students, age group of 10-19 years from Auxilium Convent School; the purposive sampling method was used, and the population of Siliguri, West Bengal, and the Darjeeling district was used.

Tools and Test

Peer Pressure Inventory (PPI), Perceived Stress Scale (PSS), and Suicidal Ideation Scale (SIS).

Research Design and Statistical Analyses

The study is a quantitative study that follows a correlational design to assess the association of perceived stress, peer pressure on suicidal ideation and the influence of these factors on it. The data was analyzed using statistical package for social sciences (SPSS). After reviewing descriptive statistics, statistical analysis was conducted on collected data. To find the correlation among the variables, Pearson Correlation was used.

Result and Interpretation

Table 1: Descriptive Statistics

	M	SD	N
SIS	17.09	8.061	150
PPI			
(S)	.9423	.85982	150
(M)	-.3437	.98474	150
(P)	.507	.7482	150
(F)	.8115	1.08272	150
(C)	.1963	.49388	150
PSS	22.29	5.409	150

The descriptive statistics of the study, including mean (M) and standard deviation (SD); Skewness and Kurtosis of the variables were also measured. The values for Suicidal Ideation Scale (SIS) (M=17.09, SD=8.061, Skewness=1.222, Kurtosis=.605), for Peer Pressure Inventory: School Involvement (S) (M=.9423, SD=.85982, Skewness= -.054, Kurtosis= -.238), Misconduct (M) (M=-.3437, SD=.98474, Skewness= -.536, Kurtosis= .563), Peer Involvement (P) (M=.507, SD=.7482, Skewness= -.109, Kurtosis=2.354), Family Involvement(F) (M=.8115, SD=1.08272, Skewness=-.134, Kurtosis=.062), Peer Conformity (C) (M=.1963, SD=.49388, Skewness=-.097, Kurtosis=1.761); Perceived Stress Scale (PSS) (M=22.29, SD=5.409, Skewness=.167, Kurtosis= -.375). All the values of the skewness and kurtosis are lying within the range of (-1) to (+1) which confirms the normality of the data.

Table 2: Correlation Analysis

The Pearson's correlation analysis was performed to measure the direction and strength between different variables.

	1	2	3	4	5	6	7
1. SIS	1						
PPI							
2. (S)	-.132	1					
3. (M)	.224**	-.311**	1				
4. (P)	.127	-.157	.242**	1			
5. (F)	-.146	.646**	-.413**	-.286**	1		
6. (C)	-.012	.027	.198*	.468**	-.175*	1	
7. PSS	.520**	-.193*	.318**	.161*	-.271**	.083	1

** . Correlation is significant at the 0.01 level (2-tailed).

* . Correlation is significant at the 0.05 level (2-tailed).

The Pearson's correlation analysis was performed to measure the direction and strength between different variables.

The suicidal ideation scale (SIS) has no correlation with school involvement ($r = -.132, p < .01$), SIS scale has a positive correlation with misconduct ($r = .224, p < .01$), SIS has no correlation with peer involvement ($r = .127, p < .01$), SIS has no correlation with family involvement ($r = -.146, p < .01$), SIS has no correlation with peer conformity ($r = -.012, p < .01$), SIS has a positive correlation with perceived stress scale (PSS) ($r = .520, p < .01$).

School involvement(S) has a correlation with misconduct ($r = -.311, p < .01$), family involvement ($r = .646, p < .01$), and perceived stress scale($r = -.193, p < .05$). S has no correlation with peer involvement ($r = -.157, p < .01$) and peer conformity ($r = .027, p < .01$).

Misconduct has a correlation with peer involvement ($r = .242, p < .01$), family involvement ($r = -.413, p < .01$), peer conformity ($r = .198, p < .05$) and perceived stress scale ($r = .318, p < .01$).

Peer involvement has a correlation with family involvement ($r = -.286, p < .01$), peer conformity ($r = .468, p < .01$), and perceived stress scale ($r = .161, p < .05$). Family involvement has a correlation with peer conformity ($r = -.175, p < .05$) and perceived stress scale ($r = -.271, p < .01$). Peer conformity has no correlation with perceived stress scale ($r = .083, p < .01$).

Discussion of the Study

Hypothesis 1: Suicidal Ideation and Peer Pressure will have a significant relationship.

According to the statistical test the null hypothesis is rejected at $p < 0.01$ level. The estimated Pearson's correlation between Suicidal ideation and Peer pressure is 0.224. Therefore there is a significant correlation with misconduct which is the domain of peer pressure. As adolescents spend most of their time in the educational system, peer pressure plays a crucial and complex role in development of mental health. According to the research conducted on the topic "Student's mental health risks regarding susceptibility to peer pressure" by Jasna Kudek Mirosevic, Mirjana Radetic-Paic, Ivan Prskalo (2021) the results proved that in order to adjust or fit into a particular group the students behaviour confirmed the presence of social control and conformity like for example hanging out with peers who are involved in taking drugs and doing risky tasks when their peers ask them to do so just to look cool and secure a position in the group.

Hypothesis 2: Perceived Stress and Suicidal Ideation will have a significant relationship.

The statistical analysis showed the Pearson Correlation between Perceived stress and Suicidal ideation is 0.520, $p < 0.01$ level which proves that there is a positive correlation. As adolescents are prone to stressful situations it is particularly the most associated factor which causes suicidal attempts because they perceive stress to be a burden which can cause severe mental pressure. There was a study conducted by Dr. Farhad Asghari on the topic Survey of relationship between perceive stress, coping strategies and suicidal ideation among students at University of Guilan, Iran (2013). The results showed a significant positive relation between suicidal ideation with perceived stress.

Hypothesis 3: Perceived Stress and Peer Pressure will have a significant relationship.

According to the study the domains of Peer pressure such as misconduct ($r = 0.198, p < 0.01$), family involvement ($r = -0.413, p < 0.01$), peer conformity ($r = 0.198, p < 0.05$), peer involvement ($r = 0.242, p < 0.01$) have significant correlation with Perceived Stress. The high school children as

well as other individuals are prone to conform to the societal pressures which can have an effect on their physical as well as mental well-being. A study was conducted on Perceived stress during undergraduate medical training: a qualitative study by Christina Radcliffe, Helen Lester (2003). Stress related to work, preparation for exam, acquiring professional knowledge and skills all reported as stressful events. A lack of support from the authorities also added to the students stress levels. These stressful situations are caused due to the perceived humiliation that they might face in front of their peers.

Implications

The aim of this study is to understand the factors that are associated with suicidal ideation and the association of suicidal ideation with peer pressure and perceived stress. The current findings have implications for therapists, counselors, social workers, to offer and design a range of programs such as enhancing self-kindness, and mindfulness over daily life activities, thereby reducing their tendency of self-criticism over their inadequacies, flaws and painful events. In accordance with the findings of the study, there should be research on prevention techniques that will later help the individuals prevent suicidal thoughts and attempts.

Limitation

The findings of the study should be viewed within the context of its limitations. The first limitation is that the questionnaires were a self-report inventory so we have to assume the participants answered them accurately and honestly. However, the participants' results seemed socially acceptable which indicates the result has a possibility of biasness. The second limitation is that the participants belonged to only one school i.e. small sample size. The third limitation is that the geographical study area was limited; therefore, the results cannot be generalized to a larger population. The fourth limitation is that the female ratio is greater than male the ratio. The fifth limitation is the cultural perspective as there has been a stereotype about suicide. The sixth limitation is that the questionnaire is not adapted to the Indian population.

Conclusion

The integrated motivational-volitional (IMV) model and the psychological theory of suicidal behaviour (IPT) model were mentioned. The IPT model suggested that high levels of burdensomeness and thwarted belongingness can lead to suicidal thinking. These factors can cause stress in the individual and a fear of not belonging to the group, so they may tend to conform to peer pressure. The IMV model suggested that lack of social support and entrapment cause suicidal attempts. So, lack of social support and entrapment can cause a certain amount of stress in an individual, whereas there is a

sense of belonging to a group, which can be done only by conforming to the peers' demands.

This study contributed to our understanding of the factors that can initiate suicidal thoughts. Through this study, we were able to understand the relationships and their adverse effects on suicidal ideation. It will also assist others in identifying individuals who are at risk of suicidal ideation and taking preventive measures. Understanding the correlation between suicidal ideation and its factors can help provide ways to mitigate suicide.

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